



CAREGIVERS WANT MORE



Workers at Kings Harbor Multicare Center in the Bronx were among the thousands of workers picketing recently at nearly

in the City demanding safer working conditions for staff in nursing homes."

> -Photo by Belinda Gallegoys

See page 5 for more

untry itcher CAR IBBEAN Rasta Pasta Jerk Chicken Curry Coconut Salmon. **Brown Stew Salmom** Run Down Snapper Jerk Salmon Curried Lobster **Escovich Snapper** Lobster Run Down King Crab Legs Grilled Tilapia BJ's Shopping Center Pelham Manor Plaza Open 7 am to 10 pm 914-633-5000

O'Hara for Penn Relays

By Patrick Maitland, Editor-Street Hype

Jamaican high school athlete Michael O'Hara, who was named as brand ambassador for telephone giant Digicel has been cleared to run at the Penn Relays in Philadelphia following the cancelation of their contract.

The body governing the annual relay carnival had earlier ruled O'Hara ineligible because he was

deemed to have received benefits linked to his performances, which were not readily available to other high school students.

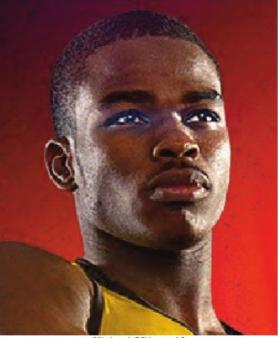
Penn Relays' meet director Dave Johnson told Street Hype that the matter has been resolved, as "Digicel and Mr. O'Hara have cancelled their contract. This allowed PIAA—the host sanctioning body for the Penn Relays high school events—to declare him an amateur again, and for the Penn Relays to allow O'Hara to run as part of his Calabar High School team."

"Undoubtedly we are pleased with this decision and look forward to seeing Michael's talent on display on the track," Paul Greene of Global Sports Advocates said.

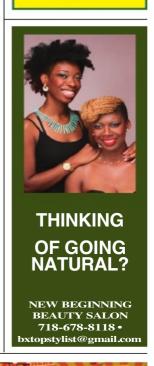
O'Hara welcomes the opportunity to represent his team, school

and country at this international event. The athlete who is rated at number three on the IAAF rankings in the under-18 boys' 100m, is the champion boy for 2011, 2012 and 2013, for his school Calabar.

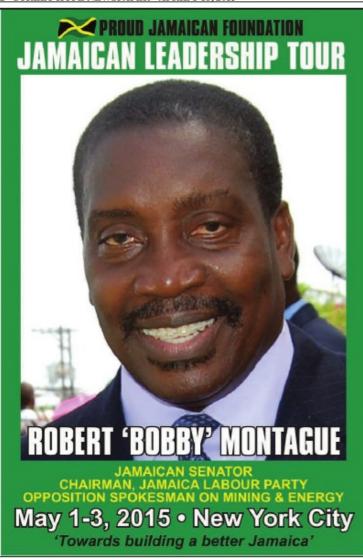
The relay festival is set for April 23-25, 2015 at the Franklin Field on the campus of the University of Pennsylvania in Philadelphia.



Michael O'Hara, 18 Star Jamaican high school athlete







JAMAICAN AMERICAN BUSINESS TOUR

Bronx & Mount Vernon Friday, May 1; 3-5pm

TOWN HALL MEETING

Jamaica Ex-Police Association 3447 Baychester Ave, Bronx Friday, May 1; 7-9pm

BUSINESS LEADERS BREAKFAST MEETING

Country Kitchen Diner, 810 Pelham Pkwy, Pelham, NY 10803 Saturday, May 2; 8-10am Contribution: \$25/person

JAMAICAN AMERICAN BUSINESS TOUR

Brooklyn & Queens Saturday, May 2; 11am - 4pm

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Encouraging track and field among the youth

lack people are known to dominate the sport of k and field, a sport that combine various athletic contests based on the skills of running, jumping, and throw-

The staging of the Penn Relays, set for April 23-25 at the University of Pennsylvania in Philadelphia, is another important avenue for these athletes to demonstrate their athletic prowess.

Penn Relays is indeed the

for an estimated 22,000 student athletes from across the United States and some 2,000 from Jamaica and other Caribbean nations. It is always the dream of young athletes to compete at Penn Relays as they seek to become a professional or win a collegiate scholarship.

However, we are concerned that despite the estimated 2.4 million African Americans in New York City, the number of track and field

in comparison to the number from Jamaica and other Caribbean islands. In fact, the majority (84.4 percent) of foreign-born Black residents are from the Caribbean.

A track and field program in our public schools could be the solution to stop the growing number of obese and overweight children in our community.

However, with limited land space for track and field

Relays appear to be very low perhaps the govenor should consider expanding public parks to include athletic training facilities.

> This is also in keeping with the Governor's "Walk the Walk" program to highlight the importance of physical activity in the fight against obe-

We need to provide opportunities for our people, especially the youth, to be healthy while seeking a sporting profession.



patrick@streethype.net

premiere track and field event

athletes participating at Penn

at city schools, the mayor or

The opinions expressed in this newspaper, except for the above, do not necessarily reflect the views of Street Hype Newspaper and its publishers. Please send your comments and or suggestions to editor@streethypenewspaper.com. Responses should be no longer than 400 words. Not all articles will be published

People Are Talking...!

How to Be a Better Decision Maker

Taking decisions is a central part of leadership. Even when a leader uses a laissez-faire leadership style, the leader remains responsible for making many decisions such as the nature of the

goals that followers should pursue and the type of leadership style that is appropriate for the situation.

Followers often look to leaders to make decisions, particularly if they have difficulty with envisioning the specific tasks that are required to achieve a goal. Because of the importance of decision making to leadership, you should understand how to approach decision making.

To make better decisions, you should understand that decision making is a process involving a sequential series of steps that are often considered part of the critical thinking process.

These steps are (a) identify the problem, (b) analyze the possible solutions to the problem, (c) evaluate which of the possible solutions will be most effective, and (d) select and implement the solution.

These steps give you a structured framework to improve the quality of your decisions. The first three steps focus on collecting information that is useful when making a decision. The way leaders as decision makers collect the information often depends on their leadership style and the situation.

For example, the autocratic leader may be comfortable with personally collecting the information, while a participative leader may be comfortable relying on the



information provided by others.

Identifying a problem requires that you understand that a problem exists and can recognize the root cause of the problem. While it is often easy to recognize the symptoms of a problem, the actual cause of the problem may not be immediately apparent. As a result, a good leader carefully evaluates the nature of the problem before considering the possible solutions.

All problems have more than one possible solution. Effective decision making requires identifying

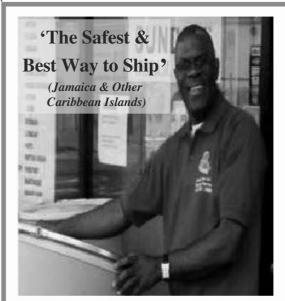
the range of possible solutions that lem. The analysis determines the way each of the possible solutions will affect the problem.

The analysis should also consider the effect of the possible solution on the processes or systems used by an organization based on the assumption that a change to fix one part of a system may cause a new problem with another part of the system.

At the same time, the leader must remain aware that decisions have a direct effect on followers when evaluating possible alternatives. After evaluating the possible alternatives, the leader should be able to determine the solution that is most likely to solve the problem without causing new and unanticipated problems.

A leader responsible for making decisions should also recognize that all decisions will not produce the desired result. Some solutions appear effective in theory but fail in practice.

As a result, an effective decision maker has a contingency plan in the event that the decision fails to achieve the desired result. The contingency plan often consists of a solution to the problem that was rejected during the evaluation phase of the decision-making process.



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NEWS

Airport cleaner charged with liquor larceny

OUEENS:

48-year-old Juanette Cullum of Hull Street in Brooklyn who works at Kennedy Airport cleaning aircrafts, has been charged with grand larceny and other crimes for allegedly swiping thousands of dollars worth of tiny bottles of liquor over a three year period.

The defendant is awaiting arraignment in Queens Criminal Court on charges of third-degree grand larceny and third-degree criminal possession of stolen property.

According to the criminal complaint, the defendant is employed by Air Service Cleaning at Kennedy Airport and is responsible for cleaning American Airlines airplanes in Terminal 8.

A tip to police regarding the alleged pilfering prompted a visit to the defendant's home. When confronted, Cullum allegedly admitted to stealing the mini bottles and other miscellaneous items over a three year period. It is alleged that police recovered nearly 1,500 tiny bottles in a closet in her home. The swiped spirits over the three years is valued at approximately \$10,000.

If convicted, she faces up to 7 years in prison.



CONGRATS MR. PRESIDENT:

New York City radio personalities Tony Cobb of 93.5 FM (1st I) and John Hines of 105.7 FM (3rd I) pose with Solomon Gardner the newly elected president of Wembley Athletic Club at his installation ceremony held recently at the Club in the Bronx. The Club's journey began more than fifty years ago, with the formation of a cricket and soccer team. In 1955 the club became incorporated in New York State.

Parking rage leads to neighbor's death

BRONX:

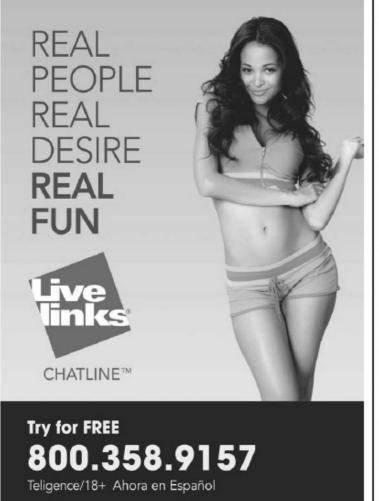
Bronx District Attorney Robert Johnson announces the Supreme Court arraignment of Gjok Deda, 41 in the death of his downstairs neighbor, 68-year-old Ronald Antonucci, in the parking lot of the apartment building they lived in at 1110 Stadium Avenue in the Country Club section of the Bronx.

Deda pled not guilty before Supreme

Court Justice George Villegas, to the charge of Manslaughter in the 1st Degree, a Class-B Felony. The row between the two men occurred in the early morning hours of March 19th, 2015, when Deda allegedly became enraged because Antonucci was backing out of a parking space he felt was too close to him and his daughters.

The 6-foot-3, 220-pound Deda is accused of repeatedly punching the older and much smaller 5-foot-8 and 156-pound Antonucci in the head. Antonucci died shortly after from what the medical examiner described as multiple blunt force trauma to the head.

If convicted of the charges, Deda faces up to 25 years behind bars, and deportation to his home country of Albania.





NEWS

Student Arresed for Attempted Rape

A student at a Bronx high school is under arrest for attempted rape after he was turned in by his classmates.

On Wednesday, police say 17-yearold Darrien Warren followed a 15-year-old girl into a building on Hoffman Street.

They say he followed her up a stairwell before grabbing and trying to rape her.

She was able to fight him off, but police say Warren took her cellphone.

Investigators say students at the Eagle Academy identified him after seeing surveillance video. NYPD school safety agents took Warren into custody.

He was also charged with sexual abuse for allegedly forcibly touching an 11-year-old girl last year.

Police kills Queens man

A man is dead after being shot by police in Queens. Officials say police responded to reports of gunfire near 168th Street and Hillside Avenue in Jamaica.

Officials confirmed the man was taken to Jamaica Hospital where he was pronounced dead. Police say a weapon was found at the scene. Many in the area say an area bar is a frequent source of conflict. Witnesses described the chaos that ensued after the gunshots were fired.

Caregivers Picket Nursing Homes

New York NY

Nursing home workers, members of 1199SEIU United Healthcare Workers East, took to the streets in the midst of contract negotiations with the Greater New York Health Care Facilities Association to demand safer staffing in area nursing homes. They have been working without a contract since it expired on Sept 30, 2014.

The caregivers' primary concern is staffing and how it impacts the continuity of care for their residents as the homes increasingly rely on temporary agency staffers to supplement the chronic understaffing of full-time workers.

In a September 2014 report, Families for Better Care, a nationwide nursing home watch-dog organization, gave New York an overall grade of an F in nursing home care—putting it at 45th out of the 50 states. Families for Better Care highlighted the need for adequate staffing stating, "[This report card] reinforces what we discovered last year, and that's more staffing translates into better care for residents."

providing the besequiantly cara; a staking with dents with bathing, eating, mobility, and administering medication. Adequate staffing levels allow caregivers to center care on the resident, know their needs, and observe when residents are behaving unusually—possibly signifying a medical or other problem. Inadequate staffing levels force direct care workers to split their time between more residents, reducing the time each resident receives, and ultimately undermining person-centered care.



A group of caregivers demonstrating in the Bronx

"I've gone to floors and seen three completely new C.N.A.s. with no long-time staff who know the residents on the floor. It takes time to build relationships with your residents and learn a care plan. How can they provide quality care? They are walking around just trying to figure out what to do. They can spend

half the day just catching up on paper work," said Luis Arroyo, a housekeeper from Kings Harbor Care Center.

Demographers note that soon older adults in New York City will outnumber school-aged children, a phenomenon they refer to as the "graving of the city."

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Brooklyn Landlords Indicted For Unlawful Eviction Of Tenants

Two Brooklyn landlords have been indicted on unlawful eviction and other charges for allegedly forcing or attempting to force rent-stabilized tenants out of their homes by allegedly destroying their apartments and making them uninhabitable in an effort to destabilize the apartments in order to collect significantly higher market-rate

The defendants, Joel Israel, 34, and his brother, Amrom (aka Aaron) Israel, 37, both of Borough Park, Brooklyn, have been indicted on one count of scheme to defraud, one count of second-degree burglary, three counts of third-degree grand larceny, one count of second-degree criminal mischief, three counts of unlawful eviction, three counts of first-degree offering a false instrument for filing and three counts of first-degree falsifying business records.

The defendants owned or otherwise directed JBI Management Inc., Linden Ven-

tures LLC, 324 Central Avenue LLC, Salmor Realty 2, LLC and Salmor Realty LLC, which are variously charged as codefendants in the indictment.

According to the indictment, as landlords and managers, Joel Israel and his brother Aaron Israel, and their companies owned or controlled at least four rent-stabilized buildings in northern Brooklyn. At several of these buildings the defendants allegedly schemed to harass tenants, evict tenants and deny tenants their property rights.

The purpose of the scheme was allegedly to remove the rent-stabilized tenants from their apartments in order to make a greater profit by renting the apartments at market rate, which in some instances could be as much as four times what the rent-stabilized tenants were paying.

The defendants face up to 15 years on the top count of burglary, which is a "C" felony.

For more news stories: www.streethypenewspaper.com

30 per cent of Jamaicans have no bank account

MONTEGO BAY, St James:

With more than 30 per cent of Jamaicans said to be "unbanked", chairman of the Financial Services Commission (FSC), Colin Bullock, is calling for greater financial inclusion for all citizens as a key ingredient in fostering growth and national development.

Financial inclusion refers to access to affordable financial services such as credit, insurance and savings, particularly for disadvantaged and low-income seg-

ments of society Speaking at a Caribbean Group of Securities Regulations conference in St Ann Tuesday, Bullock said there is an unacceptably high ratio of adults in Jamaica without bank accounts and, by extension, access to financial institutions.

He cited a University of the West Indies study, which revealed that some 34 per cent of the adult population does not have a bank account. This, he said, is an inhibiting factor to economic development and must be immediately ad-

One-woman protest sparks renewed healthcare debate

Grand Turk resident Valerie Jennings, a former bank employee, has sparked a renewed debate over the quality of healthcare in the Turks and Caicos Islands (TCI) with her one-woman public protest posted on Facebook by her son, Valentino Selver, under the caption "Mother protesting".

Jennings is seen in a photograph, cane in hand, carrying a poster that reads:

'I AM POLITICALLY, DISABILITY AND MEDICALLY VICTIMIZE. I HAVE NO NHIP, I NEED URGENT HELP FOR MY MEDICAL CONDITION IN MIAMI. PLEASE HELP ME. TEL - 241-2937"

A flurry of responses on social media by other islanders documents other instances of residents who feel they have been left "high and dry" - even in cases involving young children with serious medical conditions.

The National Health Insurance Plan (NHIP) is heralded "as a great investment for the health of people" according to a testimonial on its website by Dwedney Beckford, who praises the NHIP for arranging a plane to transport him to Florida within hours of seeking treatment at the hospital. However, this testimonial is a far cry from the growing number of disappointed and desperate subscribers who were promised generous and comprehensive benefits

The statutory body established in 2009 under the National Health Insurance Ordinance promises security, peace of mind, quality care at an affordable cost and state of the art facilities. The plan according to its website is said to be "modeled on social principles",



her protest sign in this photo posted on Facebook

which ensure that there is "equity and access for those who need medical attention...

Guyana arrested at JFK with cocaine hidden in sneakers

passenger arriving from Guyana at John F. Kennedy (JFK) Interrational Airport in New York tried to 'sneak' past US Customs and Border Protection (CBP) officers, but was stopped in his tracks.

On April 7, CBP officers stopped Thenga Adams, who arrived on a flight from Georgetown, Guyana. During the course of the inspection, CBP officers discovered running shoes in his luggage that contained a white powdery substance that tested positive for cocaine.

Adams was arrested for the importation of a controlled substance and was turned over to Homeland Security Investigations. The total weight of cocaine seized was approximately 2 lbs. The DEA estimated the street value to be \$30,000.

This latest seizure demonstrates the vigilance of our CBP officers, and their excellence in detecting those who would try to smuggle these illegal substances," said Robert Perez, director, Field Operations

Adams now faces federal narcotics smuggling charges and will be prosecuted by the US Attorney's Office in the US Eastern District Court of New York.

All defendants are considered innocent until proven guilty.

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Grenada police arrest seven **Nepalese students**

ST GEORGE'S, Grenada:

Seven Nepalese students, who were reported missing in Saint Lucia last weekend, were arrested by the Grenada police on Wednesday. The police reported that the students arrived in Grenada by boat from Saint Lucia. They were detained in police cus-

The seven students detained in Grenada have been identified as Dipak Sapkota, 22, Chandra Bahadur Thapa, 22, Ankit Dhakal, 18, Pradip Adhikari, 23, Dipak Bhujel, 20, Arjun Sharma Kafle, 32, and Numkala Tiwari. 20.

The arrested students stated saying that they were brought to Saint Lucia with the expectation of enrolment at Lambirds Academy based in Gros Islet. The students said each of them paid US\$9,000 for the courses and US\$13,000 to get to Saint Lucia, but on arrival they discovered that they had been duped.

Earlier this month, the Saint Lucia government said it will launch an independent inquiry into Lambirds Academy, following allegations of human trafficking.

In a statement issued by his office. Prime Minister Kenny Anthony said, "The

inquire vill determine rampana other things, how the students arrived on island and what arrangements were made for their studies and welfare.'

BVI ranked highest offshore jurisdiction

ROAD TOWN, BVI --

The British Virgin Islands (BVI) has moved up 13 positions to 34th in the most recent Global Financial Centres Index (GFCI). The Index also revealed that the BVI is the most highly ranked offshore jurisdiction, ahead of competing jurisdictions such as the Cayman Islands, Channel Islands, Bermuda and The Bahamas.

The GFCI is carried out twice a year and is ranked by drawing from existing data and online survey results on over 100 different factors identified by organisations such as the OECD and World Bank. These factors include the skilled workforce, strength of regulation, market access, infrastructure and the cluster of different financial services companies operating in the financial centre.

Commenting on the results, Kedrick Malone, executive director of BVI Finance, said, "We are very pleased with the BVI's latest ranking in the Global Financial Centres Index. The result of the index clearly shows that the BVI is an internationally respected, established and pioneering financial centre. "The BVI's position as the leading offshore financial centre is testament to the strength and high standards of our multi-faceted financial services sector, the professional in its rank and the regulatory regime that it operates

New York, London, Hong Kong and Singapore remain the four leading global finan-

LEGAL AFFAIRS

You Got a Summons

Getting a summons is upsetting. But you can't ignore it. If you do nothing, the person or company suing you may be able to get a default judgment against you and garnish your wages, freeze your bank account, or take your property. What you do next in court depends on the facts of your case.

Settling the Case

One option is to call the plaintiff to suggest a settlement if most of the facts in your case are not in dispute. You and the other side can agree to settle the case at any time, including before the first court date. For example, if you are sure you owe the amount of money asked for and that the plaintiff has the right to collect the money, a settlement can give you more time to pay back the money or agree that you pay back less money. Remember that while you are trying to settle the case, the time you were given in the summons to file an Answer is still running. If the case does not settle in time, make sure you file an Answer. The plaintiff may call you to talk about settlement. You don't have to speak to the plaintiff if you don't want to, whether you dispute the facts or not.

You can choose one of the other options below. You will also have a chance to talk about settlement when you go to Court.

Dismissing the Case

Another option is to ask the Court to dismiss the case by making a Motion. There are many different reasons to make a Motion to Dismiss. For example, there is a 6 year time limit for starting a debt collection case. This is called the Statute of Limitations. The time starts running about 30 days after your last payment. So, if the last payment was in December 2007, and the plaintiff starts the case in January 2014, you can ask the Court to Dismiss the case because the Statute of Limitations has expired. Making another payment starts the Statute of Limitations running all over again. Only make a motion if you have a good reason why the case should be dismissed. Read more about Motions to Dismiss.

If you make a Motion to Dismiss, it has to be made before the time you were given in the Summons to Answer. Your time to file an Answer stops running while you wait for the judge to decide if the case is dismissed. If the judge does not dismiss the case, you have 10 days to file an Answer.

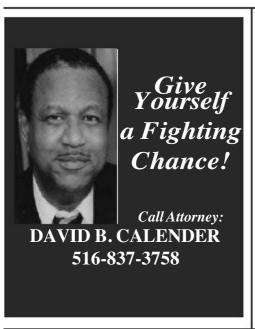
Answering the Case

If the case is not settled and you do not make a Motion to Dismiss the case, you must Answer the Summons as soon as possible. An Answer is your chance to tell the court your side of the story. Even if you think you don't owe any money to the plaintiff, you must still answer the case and explain this in your Answer. Read Answering a Case to learn more.

Vacating a Default Judgment

If you don't Answer the Summons or you wait too long to answer or you miss a court date, the plaintiff will ask the Court for a default judgment against you. The default judgment usually gives the plaintiff the right to collect the amount of money that was asked for in the complaint, plus interest and court costs. The judgment will appear on your credit report, and it can be there for up to twenty years if it is not paid. The judgment also gives the plaintiff the right to collect money from your bank account or your salary.

Source: www.courts.state.ny.us/







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SPORTS



Jamaica's sprinting superstar, Usain Bolt

Bolt Wins First 100m Race Of 2015 In Rio

Rio de Janeiro, Brazil

Jamaica's global sprinting superstar Usain Bolt and Veronica Campbell Brown won their 100 metre races comfortably at the Mano-a-Mano challenge in Rio de Janeiro, Brazil.

Bolt was targeting a sub-10 second clocking, but was timed in 10.12 secs in beating American Ryan Bailey 10.24 secs, Brazilian sprinter Jose Moreira 10.51 and Churandy Martina 10.53 secs of the Netherlands

His time ranks as the third fastest by a Jamaican, with Nickel Ashmeade's 10.04 secs set in Florida on Saturday being the national leader so far

Jamaican woman over 100 metres so far this season with her winning time of 11.04

She beat American Carmelita Jeter 11.19 and fellow Jamaican Kerron Stewart 11.30 secs.

In the meantime, Bolt, the six-time Olympic gold medallist, says he is hoping to compete for Jamaica in both the 4x100 and 4x200 metre relays at next month's IAAF World relays in The Bahamas.

The world relays will be Bolt's next assignment, and the 28-year-old World 100 and 200 metre record holder says he wants to run both sprint relays in the Bahamas.

West Indies draw first **Test against England**

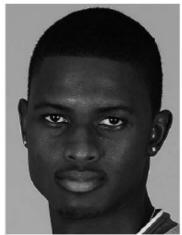
NORTH SOUND, Antigua --

Jason Holder struck a superb maiden first-class and Test century to guide West Indies to a hard-fought draw in the first Test against England at the Sir Vivian Richards Cricket Ground on

The 23-year-old six-footer played a match-saving innings under great pressure to finish 103 not out off 149 balls with 15 fours in 3 1/2 hours. West Indies got support from a crowd of over 9,000 and batted close to 130 overs in their second innings to close on 350-7 after being set 438 to win.

Holder earned the Man-of-the-Match award and shared a resolute seventh-wicket stand of 105 with captain Denesh Ramdin, who made 57 off 141 balls. They pulled the West Indies around from 189-6 in the middle session. After Ramdin departed, Kemar Roach joined Holder and batted well for 75 minutes to make 15 not out.

For England, James Anderson took two wickets to become his country's all-



JASON HOLDER Struck a superb maiden first-class

and Test century to guide West Indies time leading wicket-taker, surpassing Sir Ian Botham's previous record of 383 wick-

Blatter supports tougher sanctions against racism

FIFA president Joseph 'Sepp' Blatter has reiterated his call for stiffer penalties for offenders of the Code of Conduct addressing the scourge of racism and discrimination in

Blatter, speaking at the 30th CONCA-CAF Ordinary Congress in the Bahamas last week Thursday, said FIFA must get tougher in its fight against this monster, and has expressed confidence that the sport will eventually be free of it.

We need stronger fines and action, and I bet that eventually racism will go out of football," said the 79-year-old Swiss.

"We have to use our rules to suspend teams, to take away their points or even to relegate them if racism continues," Blatter has repeatedly been quoted as saying.

In response to calls to address the matter which has scarred the sport for years, FIFA commissioned a special body to tackle racism and discrimination head on and appointed CONCACAF president Jeffrey Webb to lead the charge.

"I am fighting with you (Webb), FIFA is fighting with you and I wish you good luck in your efforts," said Blatter, pledging support for the chairman of the FIFA Anti-Racism and Discrimination Task Force.



FIFA president

Blatter expressed disappointment that football, which is a tested tool of uniting people, is threatened by forces more inclined to

"Football should connect people and not to disconnect; it should include and not exclude, and it is something that brings hope, and I am hopeful," he said.

Blatter, who is seeking a fifth term as FIFA president at the May 29 polls in Zurich, underlined the importance of CONCACAF, in not only the fight against discrimination, of all variety, but football as a whole.



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E-Dee and Glen Washington collaborate with 'Where I Belong'

The international reggae artist known as

Everton "E-Dee" Dennis has joined up with the legendary Glen Washington to record the collaboration "Where I Belong."

The artists met two years ago backstage at a sold out performance in Los Angeles where they were double-billed. Dennis, a long time fan of the veteran Washington whose first hits came out of Studio One, approached the singer about a a collaboration, and when Glen returned to California, the two linked up with Grammy Award winning producer Qmillion, and wrote and recorded the song.

The single is available on iTunes and Sound-cloud.com.

The single release party last sunday in Holly-

For booking/drops/interviews booking@unseenlab.com or forwardmgent@gmail.com

lable wood is the first of a stretch ound- of shows that include April 25th in St Louis, and Jun lease 20th in Hartford, CT.

LADY GENIUS EP LAUNCH:

Entertainer Lady Genius at the launch of her debut EP held on Thursday (April 23) at Triple Century in New Kingston, Jamaica. With some eight tracks, the EP is available on Itunes, Amazon and CD Baby. The Lady Genius Band, Lady Genius Dancers, Teflon, Nesbeth, Voicemail, LA Lewis and Big Yard were among the performers at the launch. Lady Genius has been selected to represent Jamaica in the 2015 World Championships of the Performing Arts in Los Angeles in July as a vocalist and model. "This is just the tip of the iceberg as there are so much more successful news to be told and heard. The hard work I have put in is what i am now reaping with God's great blessings and intervention,"Lady Genius said.

Women of Reggae for April 25

The board of directors of the Coalition to Preserve Reggae (CPR) is pleased to announce International Women of Reggae – A Night of Hits taking place on Saturday, April 25th from 8pm to 11pm at the Walt Whitman Auditorium, Brooklyn College, Campus Road and Nostrand Avenue in Brooklyn.

. The event which marks the tenth anniversary of CPR is billed as a "celebration of the feminine energy in reggae music." A first for the New York audience, the red carpet affair has the endorsement of a

growing number of celebrities and public officials, and features the leading lady of Reggae, Etana "The Strong One", headlining a stellar constellation of female artists representing a cross section of the genre from roots reggae to old school dancehall.

Western Union & GraceKennedy Announce 2015 Town Hall Series

Western Union and GraceKennedy will hold their annual town hall series, under the theme, "The Caribbean Diaspora -

and Borderless Possibilities." from May heir 4th to May 8th, 2015 with the first stop in Brooklyn, New York at Medgar ra - Evers College - Founders Auditorium.

Other stops for the series are Toronto,Canada and Miramar, Florida The keynote speaker for this year's series is P.J. Patterson, Former Prime Minister of Jamaica and President of Heis Consults Ltd.

"These forums are very important to us as they provide an excellent opportunity to engage the Caribbean diaspora – not just to

network with our customers and get their reedback but also importantly, to encourage their participation in the discussion about issues that are critical to their home countries.

Their contribution is very valuable as we explore ways to continue the development and promotion of the Caribbean while improving the quality of lives for those who live within the region," said Michelle Allen, Chief Executive Officer of GraceKennedy Money Services.

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NEWS

Best gas prices in and around Mount Vernon

By Cassandra Huerta www.mountvernon.dailyvoice.com WESTCHESTER COUNTY:

Before you head out for the weekend, find out where the best gas prices are in the Pelham and Mount Vernon areas.

he best gas prices have been found thanks to gasbuddy.com.

Ultimate in Mount Vernon on West Sanford Boulevard and 10th has gas for \$2.49.

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BP in Mount Vernon on Mount Vernon Avenue and South Bond Street has gas for \$2.59.

Citgo in Mount Vernon on Gramatan Avenue and William Street has gas for \$2.79.

Gulf in Mount Vernon on Broad Street West and Terrace Avenue and Fleetwood Avenue has gas for \$2.79.

Sunoco in Pelham on Lincoln Avenue and 2nd Avenue has gas for \$2.79

Bronx Tax Preparer Arrested for Identity Theft and Tax Fraud

BRONX:

The New York State Department of Taxation and Finance today announced the arrest of a Bronx income tax preparer. Cruz D. Acevedo, 49, allegedly prepared and filed false personal income tax returns showing fictitious expenses and stole clients' tax refunds.

Acevedo, of 2115 Washington Avenue, was charged with: Offering a False Instrument for Filing (3 counts); Grand Larceny in the Fourth Degree (2 counts); Attempted Grand Larceny in the Third Degree; Criminal Possession of Stolen Property in the Fourth Degree (2 counts); Criminal Tax Fraud (3 counts); Identity Theft in the Second Degree (2 counts), and Scheme to Defraud.

Acevedo prepared tax returns under the business name Nostra Tax Service.

"As the income tax deadline approaches, taxpayers should consider free tax preparation options available from the IRS, AARP and our Department, and if they do opt to hire a tax preparer, ensure that the individual is trustworthy and professional," said Acting Commissioner of Taxation and Finance Kenneth Adams. "We thank the New York City Police Department and Bronx District Attorney Robert Johnson for their assistance with this investigation and continued prosecution."

A criminal complaint is an accusation and the defendant is presumed innocent until proven guilty.

If you're aware of a tax preparer who has engaged in illegal or improper conduct, contact the New York State Tax Department at (518) 530-HELP or file a tax preparer complaint online.

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Mount Vernon Schools Budget Represents No Tax Levy Increase

MOUNT VERNON:

A fter months of public and private meetings, the Mount Vernon Board of Education has approved a budget exceeding \$230 million that will be put to a public vote in less than a month.

The \$230,887,373 "Fiscal Plan for Academic Excellence," the first proposed by new Mount Vernon Superintendent of Schools Kenneth Hamilton, who was appointed last summer – represents a 1.5 percent budget-to-budget increase with no tax levy increase on homeowners for the first time in years – a rarity in the current

state of New York educations uperintendent of Business Ken Silver, the district "used a zero-based budget approach this year rather than the traditional method of rolling one year's numbers to the next with slight increases."

There will be several important positions restored district-wide. School nurses and guidance counselors will be installed in every building, and programs centered on art, career and technical education will be put in place.

Mount Vernon residents will have the opportunity to vote on the schools budget Tuesday, May 19.

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Auto Liability insurance (the type of coverage you typically needed to drive legally) works to cover you and pay for damages you may cause if you re ever at fault in an accident. The thing is, liability coverage doesn't do anything for your car. If you're at fault, your busted bumper, broken headlight, or dented door is 100% your responsibility if you've only purchased liability coverage.

So what?

Let's say you're driving to work and reach to change the radio station. The van driving ahead of you suddenly stops short, and you rear end them. Now, if you're at fault in the accident, your liability insurance should cover damages to the van and its passengers, but your car is damaged, too

Who's going to pay to fix your car? That's a major coverage gap!

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Comprehensive and Collision coverage is only for you and your vehicle.

Comprehensive insurance covers damages from things outside your control, like fire, theft, vandalism, hail, floods, earthquakes, or contact with animals.

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Talk to your Local Farmers Agent Lenford P. Henry, today@914-668-2000, about adding Comprehensive and Collision coverage to your policy.

FYI: If you lease or finance your car, you may be required to hold Comprehensive and Collision coverage. So talk to Lenford P. Henry, Agent and schedule a Farmers Friendly Review to make sure you have the coverage you want.

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FOCUS ON PENN RELAYS 2015 PENN RELAYS



CHAIRMAN'S MESSAGE



CK Buddington, Chairman -The Friends of the Penn Relays.

Iam very excited that this year marks 125 years for the Friends of the Penn Relays. I have been so blessed to have met so many wonderful people, athletes, coaches, officials and most importantly our spectators during my tenure as chairman of the Board of the Friends of the Penn Relays.

I look forward to renewing acquaintances and making more friends and building memories this week at the 121st Running of the World's first, largest and BEST Relay Carnival and for many more vears to come.

Record attendance for Penn Relays!

Plans are in high gear for the Penn Relays festival that is set for April 23-25, 2015 at the Franklin Field on the campus of the University of Pennsylvania in

Philadelphia and the organizers are expecting another record attendance.

Meet director Dave Johnson confirmed more than 22,000 entries from 1030 high schools and 235 colleges including 37 from Jamaica. "Even with chilly weather in the forecast, total attendance for the three days should top 100,000, with Saturday attendance around 45 000 which will be the largest attendance at any track meet in the Western hemisphere this year," he

Johnson said the relays organizers. Friends of the Penn Relays is celebrating their 125th Anniversary, with a major funding drive underway to upgrade the track and jumping facilities at Franklin Field.

Johnson also noted that NBC Universal would carry the meet live on Saturday from 12:30-3:00 (EDT), with all of the USA vs. the World races. FloTrack will stream the other meets live all three days.



Jamaica College students with Jamaican Sports Minister Natalie Neita Headley



Team USA poses for the camera at Penn Relays 2014



FOCUS ON PENN RELAYS 2015 PENN RELAYS



Grace Renews Support For Penn Relays

By Anthony Turner Contributing Writer

Foods is a symbol of authentic and uncompromisingly delicious Jamaican foods, and this year Grace will again throw its support behind the prestigious Penn Relays, with a number of initiatives directed at benefiting both athletes and spectators, who are expected to descend on the April 23-25 meet.

Now in its 121st year, the Penn Relavs. hosted by the University of Pennsylvania, has long been a prominent exhibition for Jamaican high-school teams against a rich backdrop of Jamaican supporters. The company's involvement at Penn Relays is part of a larger commitment that Grace Foods has undertaken to foster and promote the development of Jamaica's track and field program.

Only a few weeks ago, Grace Kennedy was again the lead sponsor of the ISSA Boys & Girls Championship, familiarly called

'Champs', at the National Stadium in Kingston, Jamaica that saw the shattering of the national junior 400 meters record, blazed by KC's Akeen Bloomfield in 44.93 seconds and several other high school records.

Grace Kennedy has been involved with Champs since 2007 as title sponsors of the event. With sponsorship assistance from Grace, Jamaican rising track & field stars have managed to maintain their dominance on the world stage, always bringing much glory to the black, gold and green. The company's support of Jamaican athletes will con-

tinue in Pennsylvania this year with Grace Foods providing food and beverages through its sponsorship of Team Jamaica Bickle (TJB) which will host hundreds of Caribbean high school athletes along with Caribbean Food

"Grace is pleased to continue its support to TJB and the Penn Relays annual event. The relays serve as a wonderful opportunity to showcase the prowess of a number of our top athletes from Jamaica and the wider Caribbean" said Michael Ranglin, President and CEO of GraceKennedy USA LLC. "Our participation at the Penn Relays is also a great way to build awareness of our Food brand, interact with our consumers and to be exposed to a wider audience.'

"As we prepare for our 21st year of hosting our athletes, our ambassadors, Team Jamaica Bickle, an organization driven by a solid core of volunteers that give of their time and resources recommits and eagerly awaits

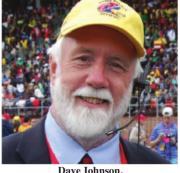
to serve. Thanks and appreciation to sponsors such as GraceKennedy whom we have partnered with and now are a major presence at the Relays" Irwine Clare, founder and CEO of TIB said

Dave Johnson, Director of Penn Relays, says patrons attending this year's Penn Relays Carnival can expect three exciting days of top-flight competition on the track.

"I expect the level of competition to be as great as ever, particularly after seeing the results of Boys and Girls Champs. And with this being a World Championships year as



Michael Ranglin. President and CEO Grace Kennedy USA LLC.



Dave Johnson. **Director of Penn Relays**

well as a World Relays Championships year, the level of competition could make this one of the great years ever.'

Johnson noted that having Grace on

board as a major sponsor helps strengthen the bonds between Jamaica and the Penn Relays.

"Anything Grace does to make the visiting Jamaicans feel a bit more at home must help their comfort level, and for Americans, anything that brings a bit of the island to Philadelphia helps reinforce the notion of the Relays as an internationally significant event" he said.

As is customary, Grace will sponsor eight championship events including the High School Girls' 4x100, 4x400 & 4x800 Championship of America races on Friday, April 24

and the High School Boys 400m Hurdles Championship; High School Boys' 4x100, 4x400 & 4x800 Championship of America and the College Men's 4x200 Championship

of America races on Saturday, April 25. GraceKennedy Limited is one of the Caribbean's largest and most dynamic corporate entities. The company started in Jamaica in 1922 as a small trading establishment and wharf operators. It has expanded and diversified over the years, changing from a privately-owned enterprise to a public company with Food and Finance Divisions, listed on the stock exchanges of Jamaica and Trinidad & Tobago.





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Young Skin Care (20 - 29 Years)

Young skin fresh and radiant. The only worry for young skin is acne and most times oily skin. Therefore daily cleansing and exfoliation is the friend of young skin. If the skin tend to breakout – follow a



stringent routine of cleansing, toning and moisturizing; use the tried and true store bought witch hazel as a toner—it helps to kill bacteria on the skin.

Exfoliate and go further with an over the counter alpha beta peel once per week. School is hectic life is hectic: tweets, Facebook, selfies, Instagram friend mean everything. Fitting in and looking like my friends is the mindset of the average 20 year old.

Therefore self-image, how I look, how I feel is everything - do I look good?

Mid 20's and beyond the average young woman is starting to think about anti- aging creams a concern which is still some time away. Exfoliation and moisturization is useful and beneficial to maintain proper hydration and balance

A daily skincare regimen includes cleaning, toning and moisturizing with emphasis on skin type. Adding a lactic peel (dry skin) over the counter once per week is excellent. For oily skin find moisturizers with salicylic acid and Vitamin C to brighten the skin. The weather is changing please remember to add sunscreen as part of a daily skincare regimen: SPF 30 the basic minimum.

Enjoy who you are becoming, affirm, validate and celebrate yourself.

Young Skin Care (30- 40 Years)

Welcome to the 30's - changing skin, moisture loss, pigmentation changes, fine lines and sensitivities. Skin begins to lose elasticity and collagen; skin begins to thin Focus on products that enrich the skin.



The skin may begin to show early fine lines and loss of elasticity. This is the time to begin an active treatment regimen moving beyond basic treatment to now including enriching moisturizers, sexums, eye creams, brightening treatments, exfoliation, and peels; peels suited to skin type and condition, gly-

colic acid and lactic acids.

Mid 30's and beyond, moisture enrichment is a daily process morning and night. Whether oily, skin or dry skin purchase moisturizers suited to skin types. Lastly, the eye area begins to show the early signs of aging, meaning fine lines, puffiness and droopiness. Protect the eye area with an eye cream applied night and morning.

The weather is changing please remember to add sunscreen as part of a daily skincare regimen: SPF 30 the basic minimum. Mirror – I love me. Validate yourself daily!

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Child Poverty Epidemic Sweeps Through New York State

BY ZAIRA CORTÉS EL DIARIO/LA PRENSA

The alarming levels of child poverty in New York state are reaching epidemic proportions, elected officials and activists have recognized. Latino and African-American children are the hardest hit groups, representing 26 and 24 percent of all poor children, respectively.

"[This is] an alarming trend that threatens the economic and social stability of the state," said Assemblyman Marcos Crespo, a member of the Black, Puerto Rican, Hispanic and Asian Legislative Caucus in Albany. "The alarming rates of child poverty in New York have reached epidemic proportions for all ethnic and racial groups."

According to a report presented at the State Assembly on Friday, the most affected area is the western city of Rochester, which ranks second in child

poverty nationwide. Of all kids living in poverty there, 58.5 percent are Latino.

Statistics gathered by state authorities and organizations show that, from Buffalo to Newburgh, child poverty is over 50 percent. In some major cities in upstate New York, 73 percent of African-American children live under the federal poverty level (FPL), with an annual income of \$24,250 or less for a family of four. The problem also affects white children, who make up 40 percent of poor minors in areas such as Binghamton and are at risk of qualifying as poor in Rochester, Syracuse, Schenectady and Troy.

The situation becomes worse in New York City – one of the most expensive areas in the state – as well as on Long Island and in Westchester County. In the Big Apple, 35.5 percent of Latino children live in poverty, and 40.1 percent live under the federal poverty level, compared to 33.1 percent of African-American and 18.6 of white youths.

"We don't live, we survive," said 26-year-old Mexican Nancy Vázquez as she waited with her two young girls for their turn to get groceries at the community food bank offered by Iglesia Evangélica Española (Spanish Evangelical Church) in the Bronx. "My husband earns minimum wage, but it is not enough for us to pay rent and put food on the table."

Every Friday, Vázquez comes by the church, located at the corner of Prospect and Westchester avenues. She

said that she quit her job at a bakery to take care of her daughters, which made her financial situation worse.

"There is only one income at home and, even though my husband works really hard, money just isn't enough," said the South Bronx resident. "We would be worse off if we didn't have the food assistance the church provides. Every month, we have to choose between paying the rent or covering other basic expenses."

Other mothers like Vázquez stood in line with their small children under the light snow that fell on the first day of spring.

"I migrated three months ago to this country thinking that I would be better off, but I found the same poverty I was trying to escape from," said an Ecuadorean mother who chose to remain anonymous. "At least here there are churches giving away food." Solution: Raise wages

To fight the problem of poverty, Assemblyman Crespo recommended measures such as increasing minimum wage and allocating more funding for child-

care subsidies and affordable housing.

In response to the high levels of child poverty, Crespo introduced a bill to authorize the New York State Department of Taxation and Finance to release earned income tax credits, that is, allow the department to send refunds to low-income residents throughout the year in-

stead of sending a single payment during

Action Association asked the State Community crease subsidies for childcare for low-income working families, proposing an initial investment of \$100 million. They estimate that this amount would create at least 13,000 new childcare openings for working families.

"This support is essential in helping low-income parents with small children have access to high-quality daycare centers so they can go to work," said Crespo.



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(Dedicated to my Brother Norman Ennis)

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Oh how you wouldn't understand the pain it took from

me
When I was told you're still alive it was God who else
could it be?

I am thankful for the second chance of seeing you again I am happy that in God we all can rely on such a friend Who listens to our prayers and answers them as such I'm grateful that I'm still able to tell you I love you so much

A second chance with you is even better than before Its way more appreciated I acknowledge God even more I am happy he gives us chances his mercies are so dear I am happy I'm still able to tell you how much I care

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Head-Over-Heels Romantics Should Come Back to Earth

Thave been single for a couple of years. I have always been levelheaded when it comes to romance, but I'm finding myself unable to control my feelings about the new

man I'm seeing.
"Brent" is smart, intelligent, sweet and loving. We have been dating for a little over a week and he has already given me keys to his place. (I have a roommate, or I would have given him my keys, too!)

I love him. He loves me. I am so happy. I feel calm and confident about how we're progressing. This is a first for me. I know it's unusually fast, but my parents got married six weeks after they met, and they're still happy together after 37 years.

Love at first sight is rare, but I think this is it. Your thoughts?

-- Wowed In The Bronx

Dear Wowed:

I'm glad for your parents, but because they

married six weeks after they met does not mean you must repeat history. Right now, you and Brent appear to be caught up in a whirl of endorphins and adrenaline. Because you asked for my thoughts I'll share them: Slow down until both of you have your feet back on the ground because that is how solid relationships are built. Your folks were an exception to the rule. If you don't believe me, ask them.

- Always Divine Diva

ADVICE COLUMN

BY **DIVINE DIVA**

divinestreethype@gmail.com



Man Makes a Case for **Joining Family Cruise**

Dear Divine Diva:

My fiancee, "Caitlyn," and I are in our 40s and have been living together for a year. My family has invited us to go on a cruise for New Year's, all expenses paid. Because Caitlyn can't get time off from her job at the hospital, she doesn't want me to go, either.

Also, in the fall I will be traveling to Europe with my dad to visit relatives. (He's 80.) These trips don't happen all the time; it's an unusual year.

Should I refuse the cruise and miss out on being with my extended family to stay home with her while she works? I think

Caitlyn's being selfish to expect me to. We spend all our free time together. We have been to Las Vegas and on a cruise recently. Please advise. - Held Back In Long Island

Dear Held Back:

You and Caitlyn are adults in your 40s. At that age, Caitlyn should be independent enough to tell you to go and have a good time with your family. And you should be mature enough to discuss this with her without involving me

-Always Divine Diva



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HEALTH AND NUTRITION

NY State & CVS/pharmacy Team Up

ALBANY:

With just days remaining for New Yorkers without health insurance to enroll in a plan, NY State of Health (NYSOH), the state's official health plan Marketplace, today announced it is partnering with CVS/pharmacy to make additional enrollment resources available prior to the April 30 special enrollment deadline.

"CVS and our partners at the New York State Health Foundation and Empire Justice Center continue to be supportive in our quest to make people aware of their options for getting affordable, quality health plans," said Executive Director Donna Frescatore. "There are certain enrollment opportunities that continue throughout the year for people with qualifying life events and for those who qualify for public health insurance programs. We encourage people to stop by these events to learn more."

The Special Enrollment Period (SEP) related to the federal tax penalty began on March 1 and ends at 11:59 p.m. on April 30. New Yorkers who were uninsured in 2014 and owed a federal tax penalty have until April 30 to enroll in a health plan and avoid paying a tax penalty in 2015.





Hypertension or high blood pressure

Hypertension also called high blood pressure, is when the systolic pressure (top number of the blood pressure) is consistently over 140 mmHg or the diastolic pressure (bottom number of the blood pressure) is consistently over 90 mmHg.

Ideal blood pressure is less than 120 systolic and less than 80 diastolic. Hypertension is common.

Hypertension has few symptoms. There may be occasional headaches. If hypertension is severe there may be vision changes, vomiting and chest pains.



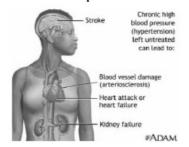
Causes

Essential hypertension comprises 95% of all hypertension and has no identifiable cause. It may have genetic and environmental factors such as salt intake.

Secondary hypertension is hypertension causes by another disorder such as a kidney disease.



Complications



Treatment







BUSINESS H



Highlighting the opportunities and challenges of local business





Phil Andrews, president of the Long Island African American Chamber of Commerce (6th I) along with other members of the organisation

Capacity building training for minority and women

he Long Island African American Chamber of Commerce will be staging a series of free capacity building workshops for minority, woman and economically disadvantaged business owners seeking to do business with government.

This series will be held on Saturdays from 9am - 12pm, on May 9th, May 16th, May 23rd and May 30th. and will be held at the Baldwin Public Library, 2385 Grant Avenue, Baldwin.

The topics include: the value of M/W/DBE certification; finding your niche market for government contract opportunities; getting ready to do business with the government; and the value of teaming and strategic partnerships. Seating is limited; please r.s.v.p. to info@liaacc.com or by calling Bonita Clark at 516.208.9988.



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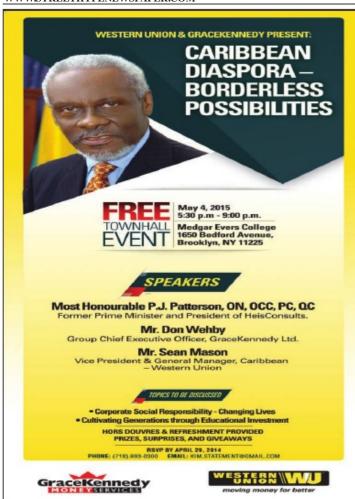
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